

Monday Conquering Fear of Intimacy

Women's Meeting of SAA

Makeup: Women only

Access: Closed.

Any female sex addict and/or anorexic is welcome to attend.

Call-in Number: 712-770-4160, passcode 599840

Website Info: www.saataalk.info

For "Trusted Servant Tips" and other service information, click → [here](#).

Note to Trusted Servant: Ask if anyone is operating the dashboard during this meeting.

Introduction

Welcome to the Monday Conquering Fear of Intimacy Women's Meeting of SAA. My name is _____, and I am a/an _____ (addict/avoidant) in _____, and your trusted servant for this meeting. This is a closed meeting. All women seeking recovery from sex addiction and/or intimacy avoidance are welcomed to attend.

The focus of this meeting is cultivating authentic closeness and connection with ourselves, our Higher Power, and others. The only requirement to join the meeting is a desire to stop avoiding intimacy in our lives by "acting in" or "acting out."

The meeting script is what the Trusted Servant uses to guide the meeting. Within the script are several participation readings. Accessing the script before the meeting begins or as you first call in, helps to keep a balance of service during each meeting.

The meeting script can be found at:

saataalk.info. Click on "find a telemeeting" on the left side. Then click on "Women's Conquering Fear of Intimacy" & today's day & time. Go to the "document download" section to download & open the script. Again, the meeting script can be accessed at saataalk.info.

May we have a moment of silence for the addict in and out of these rooms who still suffers, followed by the Serenity Prayer?

*God, grant me the serenity to accept the things I cannot change,
courage to change the things I can, and wisdom to know the difference.*

To keep the virtual room quiet, we give a gentle reminder to please mute all phones when not reading or sharing. Muting happens by tapping the mute function on your phone, or by pressing *6.

Who would like to read the "Meeting Preamble"?

Meeting Preamble

Sex Addicts Anonymous is a spiritual program based on the principles and traditions of Alcoholics Anonymous. Our primary purpose is to stop our addictive sexual behavior, and to help others recover from sexual addiction. We find a new way of living through the SAA program, and carry our message to others seeking recovery. (Introduction, Sex Addicts Anonymous)

In the same way that compulsive starving of oneself, or anorexia, is considered an eating disorder, avoidance of sex can be seen as an addictive behavior. Some of us have found ourselves “shut down” sexually in recovery, afraid of sex because of its association in our minds with our addiction or with past trauma, or because of a fear of intimacy and vulnerability. Trying to control our sexuality in this way is just another symptom of our disease. The solution lies in turning our will and our lives over to the care of our Higher Power, knowing that however unfamiliar we are with the challenges of healthier sexuality, we can put our trust in the God of our understanding. (Sex Addicts Anonymous page 72)

The focus of this meeting is on recovering from the compulsive avoidance of sex, and closeness with others, ourselves, or our Higher Power. As we come to understand our fear of intimacy and work the Steps around it, our lives change for the better.

Who would like to read “Symptoms of Intimacy Avoidance”? This may be read by one person, or divided and read by two or more. Who would like to read?

Symptoms of Intimacy Avoidance

Symptoms of intimacy avoidance some of us have experienced include, but are not limited to:

1. Practicing avoidance of sexual thoughts, feelings, and behaviors.
2. Obsessive sexual thoughts (about having sex and/or avoiding it).
3. A feeling that our sexuality is inherently bad and something we should feel ashamed of and guilty about.
4. Pretending that flirtation and sexual advances aren’t really happening to us and acting uninterested purely based on fear of taking risks.
5. A pattern of sex and relationships with active sex addicts and/or other unavailable people.
6. A pattern of addictive sexual behavior (acting out), followed by a pattern of compulsive sexual avoidance (acting in).
7. Extreme fear of combining emotional intimacy with sexuality.
8. Finding fault or starting fights with a spouse or partner to avoid sexual relations.
9. Being emotionally unavailable – in sexual and non-sexual relationships.
10. Only socializing in groups to avoid one-on-one relationships.
11. Avoiding social situations altogether due to extreme discomfort.
12. Only being sexual in non-intimate situations.
13. An inability to accept nurturing and care from ourselves, our Higher Power and others.
14. An inability to trust and rely on others, believing that people will always let us down and it is safer if we just do things on our own.
15. The compulsive use of masturbation, with fantasy and/or pornography, as a way to avoid intimacy with others, and prevent sexual abandonment.

16. Mistaking compulsive sexual avoidance for recovery and/or healthy sexuality.
17. Preferring fantasy over interacting with the people in our lives; so much that fantasy creates a wall between ourselves and the real world.
18. Hiding the joys and pains of our life from people we know and trust, due to self-pity, false-pride and/or fear.

(This list can be found in the SAA pamphlet: Recovery from Compulsive Sexual Avoidance: A Return to Intimacy). This list is not meant to be diagnostic. Each person must determine their own pattern of avoidant behavior, with the help of a sponsor or others in the program. If you need a sponsor, please talk to someone after the meeting.

Who would like to read "Abstinence and Recovery"?

Abstinence and Recovery

For many of us, our goal when entering the SAA program is abstinence from one or more specific sexual behaviors. But unlike programs for recovering alcoholics or drug addicts, Sex Addicts Anonymous does not have a universal definition of abstinence. Since different addicts suffer from different behaviors, and since our sexuality is experienced in so many different ways, it is necessary that SAA members define for themselves, with the help of their sponsors or others in recovery, which of their sexual behaviors they consider to be "acting out." (Excerpted from Sex Addicts Anonymous, pages 14-15)

In addition to abstaining from acting-out behaviors, recovery for many of us includes recognizing and abstaining from "acting-in." At first, this seemed to "highlight more of what was absent in our lives than what was present." But we "gradually became aware of a range of subtle but overt behaviors that enabled us to avoid authentic closeness or intimacy." (Adapted from Recovery from Compulsive Sexual Avoidance: A Return to Intimacy) One of the most dangerous aspects of intimacy avoidance is our inability to see it for what it is. This difficulty recognizing what we are doing, how risky and serious it is, and how much harm it may cause, we call denial. (Sex Addicts Anonymous, page 8) Working the Twelve Steps of SAA will lead to an awakening that allows us to live a new way of life according to spiritual principles. (Sex Addicts Anonymous, page 20)

Who would like to read The Twelve Steps of Sex Addicts Anonymous? (also found on page 20 of the SAA green book)

The Twelve Steps of SAA

1. We admitted we were powerless over addictive sexual behavior—that our lives had become unmanageable.
2. Came to believe that a Power greater than ourselves could restore us to sanity.
3. Made a decision to turn our will and our lives over to the care of God as we understood God.
4. Made a searching and fearless moral inventory of ourselves.
5. Admitted to God, to ourselves, and to another human being the exact nature of our wrongs.

6. Were entirely ready to have God remove all these defects of character.
 7. Humbly asked God to remove our shortcomings.
 8. Made a list of all persons we had harmed and became willing to make amends to them all.
 9. Made direct amends to such people wherever possible, except when to do so would injure them or others.
 10. Continued to take personal inventory and when we were wrong promptly admitted it.
 11. Sought through prayer and meditation to improve our conscious contact with God as we understood God, praying only for knowledge of God's will for us and the power to carry that out.
 12. Having had a spiritual awakening as the result of these steps, we tried to carry this message to other sex addicts and to practice these principles in our lives.
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Who would like to read the Tradition of this month, and the Twelfth Tradition? (Also found in the SAA Green Book pg. 77)

The Twelve Traditions of SAA

(Read the Tradition for the current month: 1 for January, 2 for February, etc. and then the 12th Tradition)

1. Our common welfare should come first; personal recovery depends upon SAA unity.
 2. For our group purpose there is but one ultimate authority—a loving God as expressed in our group conscience. Our leaders are but trusted servants; they do not govern.
 3. The only requirement for SAA membership is a desire to stop addictive sexual behavior.
 4. Each group should be autonomous except in matters affecting other groups or SAA as a whole.
 5. Each group has but one primary purpose—to carry its message to the sex addict who still suffers.
 6. An SAA group ought never endorse, finance, or lend the SAA name to any related facility or outside enterprise lest problems of money, property, and prestige divert us from our primary purpose.
 7. Every SAA group ought to be fully self-supporting, declining outside contributions.
 8. SAA should remain forever nonprofessional, but our service centers may employ special workers.
 9. SAA, as such, ought never be organized; but we may create service boards or committees directly responsible to those they serve.
 10. SAA has no opinion on outside issues; hence the SAA name ought never be drawn into public controversy.
 11. Our public relations policy is based on attraction rather than promotion; we need always maintain personal anonymity at the level of press, radio, TV, and films.
 12. Anonymity is the spiritual foundation of all our traditions, ever reminding us to place principles before personalities.
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Introductions

Now let's go around for introductions. To keep our meeting safe, we request that all callers please identify themselves. If you are not in a private place where you're able to speak freely, you can say a first name and "I qualify" or "I feel I belong here." If you are not comfortable introducing yourself by a first name, you're welcome to attend open meetings until you feel more comfortable sharing a name with us.

It is the custom of this group to share your first name, where you're from, and how you're feeling right now in a few words. You're also invited to share your length of sobriety if you wish, and if you're new to this meeting, let us know so we may welcome you. My name is _____ from _____ and I feel _____. (Optional: I have ___ days / weeks / months / years free from inner circle behaviors.)

Trusted Servant notes: At the end of introductions, if there is still someone who has not identified themselves, please say something like, "To keep our meeting safe, we request that all callers please identify themselves by a first name. There is/are still _____ caller(s) who has/have not identified themselves/themselves yet. Will you please share a first name with us? If no reply, the Trusted Servant operating the dashboard may remove the person from the call.

Shared Reading & Discussion

It is now time for a reading, followed by a period of sharing.

First Monday: Read an excerpt (2-3 paragraphs) of the **STEP OF THE MONTH** from our "Green Book," Sex Addicts Anonymous

Second Monday: Read from SAA-approved literature

Third Monday: Read an excerpt (2-3 paragraphs) of the **TRADITION OF THE MONTH** from our "Green Book," Sex Addicts Anonymous

Fourth Monday: Read an excerpt from SAA-approved literature or non-approved literature, if Group Conscience agrees

(Fifth Monday: Read from SAA-approved literature)

In this meeting we use SAA approved literature as a guide for sharing on topics relating to authentic closeness and connection. Details of approved literature for this meeting are given before the close of the meeting.

Will the volunteer for this week's reading please announce themselves and begin the reading share.

(Reader announces themselves, and shares the reading. After the reading, the reader may choose to suggest a topic for discussion based on the reading, or inspiration from the reading. The reader then turns the meeting back to the trusted servant)

Boundaries for Discussion

Due to the sensitive nature of our addiction, please avoid sharing details of your acting out behaviors in this meeting. Instead, focus on today's reading or what's on your mind and heart so that we can support one another in recovery from intimacy avoidance. Please limit your shares to approximately 3 minutes so that all can participate. If you feel triggered by someone's share, please put down the phone and say the Serenity Prayer to yourself.

We listen to each other's shares without response, comment, or advice. To keep the virtual room quiet, we mute our phones when not reading or sharing. We also avoid mentioning the name of literature that is not SAA-approved or of specific treatment centers and therapies since doing so might be construed as promotion.

(Note to Trusted Servant: Suggested time limit 3-4 minutes, at the discretion of the Trusted Servant. *2 indicates how many participants are on the call. In the event that it is a large group, ask for a volunteer to keep time. To mute/unmute, press *6 or use the phone's "mute" feature.)

The floor is now open for sharing. You may choose to share on the suggested topic, or any topic relating to intimacy and authentic closeness.

Who would like to begin?

(Discussion Portion)

(Sharing continues till five minutes to the hour - 10:55 Pac / 11:55 Mtn / 12:55 Cen / 1:55 Est)

Closing

That's all the time we have for discussion. Everyone is invited to stay on the line after the meeting where we will have a period of continued fellowship. Newcomers may also feel free to ask any questions at that time.

Service Opportunities

"Doing some service - even a tiny bit - can break the ice and make us feel more at home. Service deepens our program at every stage of recovery." (Adapted from Tools of Recovery pages 40-41).

"When we each accept responsibility for contributing to the meeting... we help our group to be self-supporting, which in turn helps carry our message." (Adapted from Sex Addicts Anonymous, page 88)

If you would like to be a speaker, or give a 1st Step presentation, focusing on your intimacy avoidance, please talk with the trusted servant of today's meeting after our closing prayer.

Here is a list of ways you can participate in next week's meeting. If any of these opportunities interest you, please speak up now as they are listed.

If you are interested in helping, yet need further explanation on how to do that service... please express your willingness now, and one of us will help you with the "how" after the closing of this meeting.

Greeter: The Greeter simply arrives a few minutes early and says "Hello", welcomes participants as they arrive on the call. Who would like to volunteer to be the greeter for next week? (Pause)

Trusted Servant: The Trusted Servant leads the meeting by reading the current script. The current script is accessible on saatalk.info, under "Find A Telemeeting". From there click on our meeting day & time, & the script can then be found in the: "document download" section. In addition, there is a link for Trusted Servant tips, at the beginning of this script.

Who would like to volunteer to be the Trusted Servant for next week? (Pause)

Dashboard Operator: Who will volunteer to keep our meeting safe by running the dash next week?

Bringing a Reading: The Group Conscience-approved reading schedule is as follows:

First Monday: Read an excerpt (2-3 paragraphs) of the **STEP OF THE MONTH** from our “Green Book,” Sex Addicts Anonymous

Second Monday: Read from SAA-approved literature

Third Monday: Read an excerpt (2-3 paragraphs) of the **TRADITION OF THE MONTH** from our “Green Book,” Sex Addicts Anonymous

Fourth Monday: Read an excerpt from SAA-approved literature or non-approved literature, if Group Conscience agrees

(Fifth Monday: Read from SAA-approved literature)

Who would like to bring a reading for next week? (Pause)

Our business meeting is held on the last Monday of the month after the regular meeting.

(If so, announce that business meeting will start immediately after the meeting.)

Are there any SAA-related announcements? (Click [HERE](#) for link)

The 7th Tradition

“Every SAA group ought to be fully self supporting, declining outside contributions.” 12-step meetings around the world normally pass a basket at this time to receive donations that are used to support recovery. Because this activity is not possible in our telemeeting, we encourage you to make donations to our Intergroup to support the telemeetings and the ISO. This can be done by visiting saatalk.info or calling 1-800-477-8191

Closing Reading

Who would like to read the Ottawa Promises today?

The Ottawa Promises

Through a renewed relationship with our Higher Power, the healing force of recovery will take hold in our hearts. By giving ourselves over to our Higher Power and working our program, our lives will become manageable and we will be restored to sanity. We will receive the inner strength and support needed to face our anxieties and fears, and to deal with the painful feelings that feed our addiction.

Relations with others will improve as we learn to respect our boundaries and allow others freedom to be themselves. Reaching out in trust and connecting with others will come easier, dispelling our sense of isolation and loneliness. Degrading fantasies and obsessive sexual thinking will diminish.

In relating to ourselves, self-absorption will give way to self-discovery; secrecy to honesty; feelings of unworthiness to dignity; and shame to grace. A restored integrity will guide our behavior. We will feel more alive and regain a sense of happiness. We will hear ourselves laugh again and rediscover play. We will embrace change and will grow.

A spiritual awakening will free us from the tyranny of our addiction. An awareness of being guided by a Higher Power and supported by caring friends will sustain us. Regret for the past and worry for the future will give way to living for today. We will open ourselves to the amazing possibilities of a life worth living...our life.

Are these extravagant promises? "We think not!" We have seen them fulfilled. They are ours, if we want them and work for them.

Closing Prayer

In closing, please help us move from shame to grace and join us in the Serenity Prayer OR the Unity Prayer. (For words, click [here](#).)

Keep Coming Back—It Works!

(If the last Monday of the month, skip to Business Meeting Agenda - see below**).

Continued Fellowship

The phone line is now open for exchanging phone numbers if you wish.

Now we'll open it up for fellowship. Please state your name before your share. If there are any newcomers on the line, you're welcome to ask questions at this time.

****BUSINESS MEETING AGENDA [the last Monday of the month]**

Welcome to the Monday Women's Conquering Fear of Intimacy Business Meeting. My name is _____ from _____ , and I'm your trusted servant for this meeting.

Who will read The Twelve Traditions from the SAA Green Book pg. 77?

The Twelve Traditions of SAA

1. Our common welfare should come first; personal recovery depends upon SAA unity.
2. For our group purpose there is but one ultimate authority—a loving God as expressed in our group conscience. Our leaders are but trusted servants; they do not govern.
3. The only requirement for SAA membership is a desire to stop addictive sexual behavior.
4. Each group should be autonomous except in matters affecting other groups or SAA as a whole.
5. Each group has but one primary purpose—to carry its message to the sex addict who still suffers.
6. An SAA group ought never endorse, finance, or lend the SAA name to any related facility or outside enterprise lest problems of money, property, and prestige divert us from our primary purpose.
7. Every SAA group ought to be fully self-supporting, declining outside contributions.
8. SAA should remain forever nonprofessional, but our service centers may employ special workers.

9. SAA, as such, ought never be organized; but we may create service boards or committees directly responsible to those they serve.
10. SAA has no opinion on outside issues; hence the SAA name ought never be drawn into public controversy.
11. Our public relations policy is based on attraction rather than promotion; we need always maintain personal anonymity at the level of press, radio, TV, and films.
12. Anonymity is the spiritual foundation of all our traditions, ever reminding us to place principles before personalities.

Reports

Do we have any reports today?

Old Business

In keeping with our traditions, do we have any old business to discuss?

New Business

Do we have any new business to discuss?

Closing Prayer

In closing, please help us move from shame to grace and join us in the Serenity Prayer or the Unity Prayer. (For words, click [here](#).)

Continued Fellowship

The phone line is now open for Fellowship. Please state your name before your share.

Record of Group Consciences and edits:

Nov 2016: removed Unity prayer reference

May 2017: edited boundaries for discussion

July 2017: added First Step/Speaker line

November 2017: revamped wording in several paragraphs

January 2019: Added rotating topic format

October 2019: Added verbiage about callers identifying themselves